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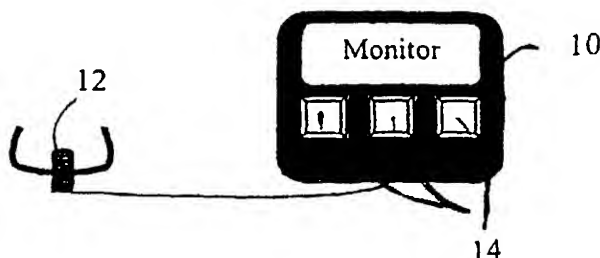
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(57) Abstract: The invention relates to a light-weight body portable arrangement (10, 12) for correcting or aiding a human being to keep an amount of physical activity correlated to a preferred level of dieting.